

In the Specification:

Please amend the Specification as set forth below.

Please replace the paragraph at page 3, lines 8-11 with the following amended replacement paragraph.

In other embodiments, the tablet includes an effervescent composition that includes from 50 mg to 200 mg cranberry seed oil, and an effervescent agent that includes an acid and a base, the tablet having a hardness of at least 5 ~~kilopounds~~ kiloponds and disintegrating in water less than 2.5 minutes.

Please replace the paragraph at page 8, lines 3-7 with the following amended replacement paragraph.

The effervescent composition can be provided in a variety of forms including, e.g., powder (e.g., a free flowing granulation), tablet, capsule, pellet and composite. Preferred effervescent tablets have a hardness of at least 3 ~~kilopounds~~ kiloponds (Kp), preferably at least 5 Kp, from about 5 Kp to about 10 Kp, or even from about 5 Kp to about 8 Kp, as measured on a standard hardness tester fitted with a strain gauge.